

Skills and Personal Reflective Activity

Initial audit of confidence in academic skill areas develops understanding of skills and abilities

Action plan to identify ways of increasing confidence

Development activities to increase skills and confidence

Evidence record to demonstrate skills and to share/discuss with personal tutors

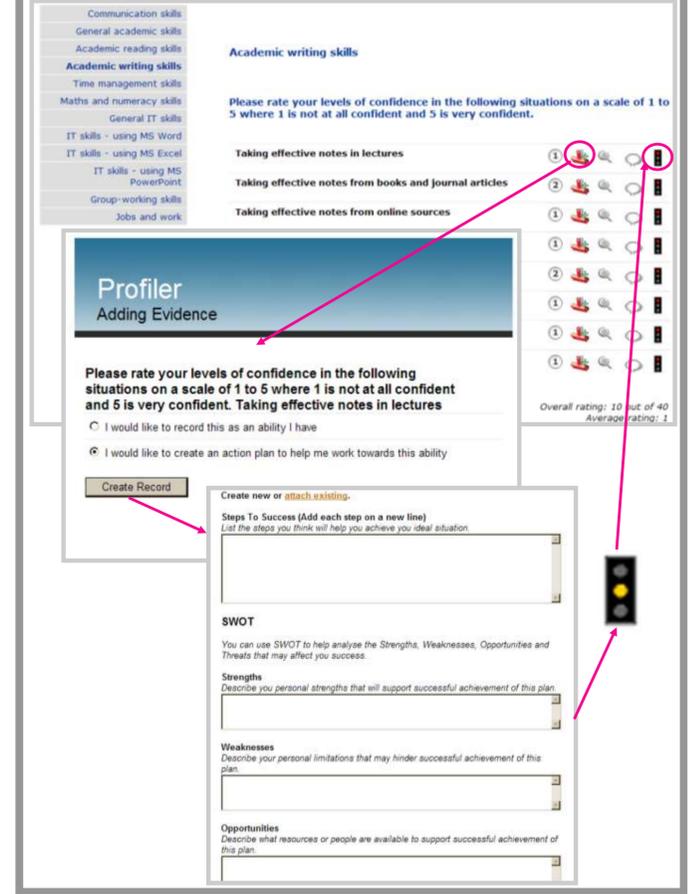
Completing SaPRA

- SaPRA is not a test - there are no right or wrong answers.
- Students reflect on a series of different skills/statements and identify their level of confidence on a scale of 1 to 5.
- Students need to be honest! If they aren't they are cheating themselves!
- Full results are confidential to the student.
- Academic staff are provided with a summary of results for the cohort.



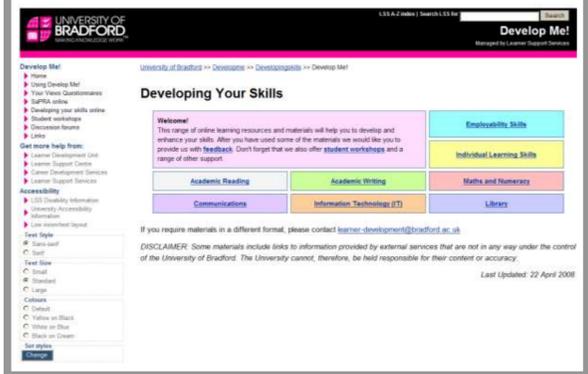
Action Planning

- Students use SaPRA to create an action plan for the areas where they need to increase their confidence.



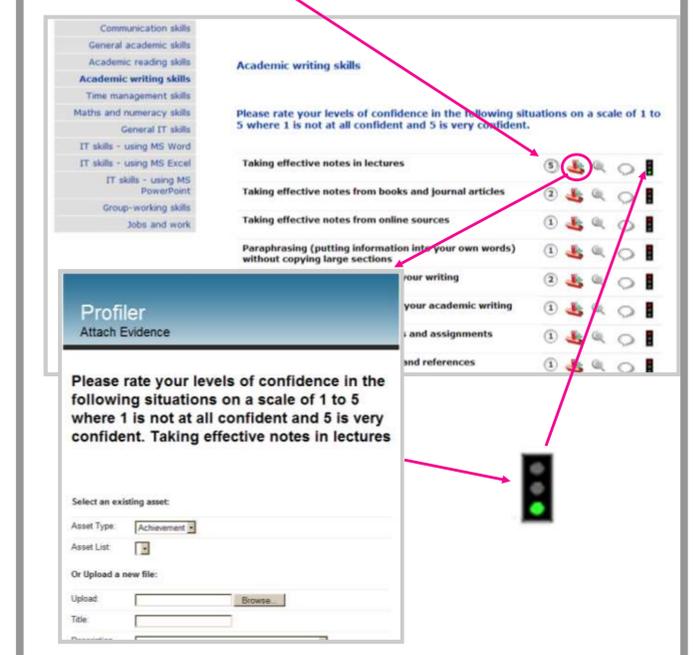
Development activities

- Workshops run by the Learner Development Unit (LDU) - <http://www.bradford.ac.uk/lss/lssworkshops/>
- 1-2-1 support from a LDU adviser or the Royal Literary Fund Fellow.
- Develop Me! online materials - <http://www.bradford.ac.uk/developme> (PC) <http://www.braduni.mobi/> (mobile)



Reviewing and evidencing SaPRA

- Students review and evidence SaPRA as their skills and confidence increase.



What students/staff say

“ it's good to know that the institution cares about you. ”

“ SaPRA has helped me to focus on what I need to. ”

“ helped students to be more strategic in the support that they seek and that has helped to inform their interventions with my tutees. ”